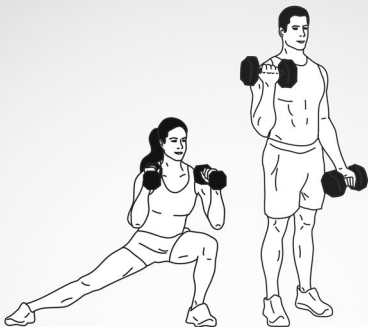




100 DUMBBELL WORKOUTS

visual easy-to-follow routines
for all fitness levels

DAREBEE

Gladiator

- Day 1 **Fullbody Workout**
- Day 2 **Rest** or casual training
- Day 3 **Upperbody Workout**
- Day 4 **Lowerbody Workout**
- Day 5 **Rest** or casual training
- Day 6 **Fullbody Workout**
- Day 7 **Rest** or casual training



Knight

- Day 1 **Fullbody Workout**
- Day 2 **Rest** or casual training
- Day 3 **Fullbody Workout**
- Day 4 **Rest** or casual training
- Day 5 **Fullbody Workout**
- Day 6 **Rest** or casual training
- Day 7 **Rest** or casual training



PUSH PULL LEGS PPL

- Day 1 **Push Workout (A or B)**
- Day 2 **Rest** or casual training
- Day 3 **Pull Workout (A or B)**
- Day 4 **Rest** or casual training
- Day 5 **Legs Workout (A or B)**
- Day 6 **Rest** or casual training
- Day 7 **Rest** or casual training



Guardian

- Day 1 **Fullbody Workout**
- Day 2 **Rest** or casual training
- Day 3 **Any type of cardio**
- Day 4 **Rest** or casual training
- Day 5 **Fullbody Workout**
- Day 6 **Rest** or casual training
- Day 7 **Rest** or casual training



Amazon

- Day 1 **Fullbody Workout**
- Day 2 **Rest** or casual training
- Day 3 **Any type of cardio**
- Day 4 **Rest** or casual training
- Day 5 **Fullbody Workout**
- Day 6 **Rest** or casual training
- Day 7 **Any type of cardio**



Viking

- Day 1 **Lowerbody Workout**
- Day 2 **Rest** or casual training
- Day 3 **Upperbody Workout**
- Day 4 **Rest** or casual training
- Day 5 **Lowerbody Workout**
- Day 6 **Upperbody Workout**
- Day 7 **Rest** or casual training



Spartan

- Day 1 **Fullbody Workout**
- Day 2 **Rest** or casual training
- Day 3 **Fullbody Workout**
- Day 4 **Rest** or casual training
- Day 5 **Upperbody Workout**
- Day 6 **Lowerbody Workout**
- Day 7 **Rest** or casual training



Valkyrie

- Day 1 **Lowerbody Workout**
- Day 2 **Upperbody Workout**
- Day 3 **Rest** or casual training
- Day 4 **Rest** or casual training
- Day 5 **Fullbody Workout**
- Day 6 **Rest** or casual training
- Day 7 **Rest** or casual training



AGENT *of* CHAOS

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



8 bicep curls



4 push-ups



8 deadlifts



4 push-ups



8 bent over rows

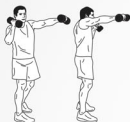


4 push-ups

ARMORY+

DAREBEE WORKOUT © darebee.com

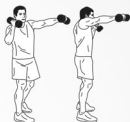
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 punches



10 squats



30 punches



10 squats



30 bicep curls



10 squats



10 push-ups



30-count elbow plank



30-count side plank

ARM SHRED

DAREBEE
WORKOUT

© darebee.com

60 seconds rest
between exercises



bicep curls
12/10/8/6 reps
30 seconds rest
between sets



tricep extensions
6/5/4/3 reps per side
30 seconds rest
between sets



shoulder press
12/10/8/6 reps
30 seconds rest
between sets



upright rows
12/10/8/6 reps
30 seconds rest between sets



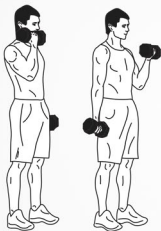
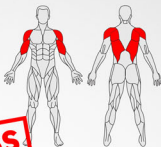
kneeling one arm rows
12/10/8/6 reps per side
30 seconds rest between sets

BACK & BICEPS

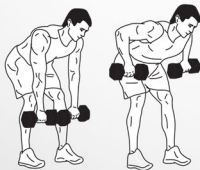
DAREBEE WORKOUT

© darebee.com

EXPRESS



20 alternating bicep curls
x 4 sets in total
20 seconds rest
between sets

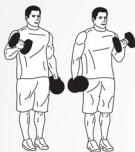
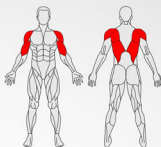


10 bent over rows
x 4 sets in total
20 seconds rest
between sets

BACK & BICEPS

DAREBEE WORKOUT

© darebee.com



10 alt bicep curls
x 3 sets in total
20 seconds rest
between sets



8 bent over rows
x 3 sets in total
20 seconds rest
between sets



8 shoulder press
x 3 sets in total
20 seconds rest
between sets



16 kneeling one arm rows
x 3 sets in total
20 seconds rest between sets



8 dead lifts
x 3 sets in total
20 seconds rest between sets

BECAUSE I CAN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



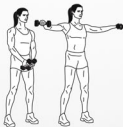
12 goblet squats



12 side lunges



12 bicep curls



6 lateral raises



6 upright rows

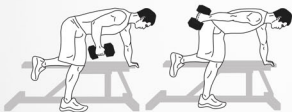
BENCHED

DAREBEE WORKOUT @ darebee.com

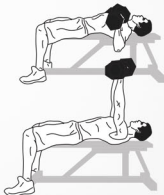


10 / 10 bicep curls
x 4 sets in total | 20 seconds rest

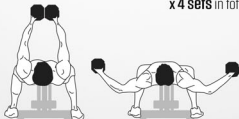
10 / 10 rows
x 4 sets in total | 20 seconds rest



10 / 10 tricep extensions
x 4 sets in total | 20 seconds rest



10 chest press
x 4 sets in total | 20 seconds rest



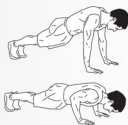
10 chest fly **x 4 sets** in total | 20 seconds rest

GUTS

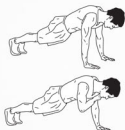
DAREBEE WORKOUT @ darebee.com

100 reps in total each exercise | split into manageable sets

Level I throughout the day **Level II** repeat once **Level III** twice in one day



push-ups



shoulder taps



sit-ups



bicep curls



squats

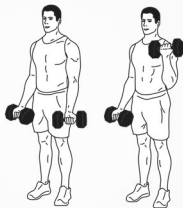


lunges

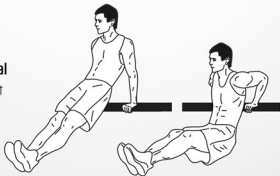
biceps & triceps

DAREBEE WORKOUT © darebee.com

20 bicep curls
x 3 sets in total
30 seconds rest
between sets

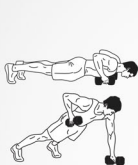


20 tricep dips
x 3 sets in total
30 seconds rest
between sets



BIG BACK

DAREBEE WORKOUT © darebee.com



12 push-up renegade rows
x 4 sets in total
20 seconds rest



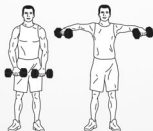
8 shoulder press
x 4 sets in total
20 seconds rest



8 tricep extensions
x 4 sets in total
20 seconds rest



8 deadlifts
x 4 sets in total
20 seconds rest



8 lateral raises
x 4 sets in total
20 seconds rest



12 shrugs
x 4 sets in total
20 seconds rest

BIGGER ARMS

DAREBEE WORKOUT © darebee.com

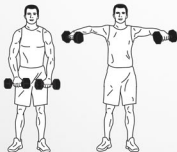
2 minutes rest between exercises



8 / 8 bicep curls **x 5 sets** in total
60 seconds rest between sets



8 / 8 tricep extensions **x 5 sets** in total
60 seconds rest between sets



8 lateral raises **x 5 sets** in total
20 seconds rest between sets



8 / 8 forward raises **x 5 sets** in total
20 seconds rest between sets

BODY+ PATCH

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



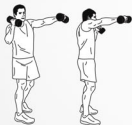
40 squats



40 slow climbers



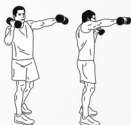
20 lunges



40 punches



20 push-up + renegade row



40 punches



20-count plank



20-count raised leg plank



20-count side plank

BRUTE

DAREBEE WORKOUT © darebee.com

ABS



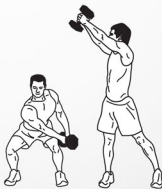
10 sit-up folds
x 4 sets in total
20 seconds rest between sets



10 sitting twists
x 4 sets in total
20 seconds rest between sets



10 side tilts
x 4 sets in total
20 seconds rest between sets



10 cross chops
x 4 sets in total
20 seconds rest between sets

BRUTE

DAREBEE WORKOUT @ darebee.com

ARMS & BACK



12 bicep curls
x 4 sets in total
20 seconds rest
between sets



12 bent over rows
x 4 sets in total
20 seconds rest
between sets



12 lateral raises
x 4 sets in total
20 seconds rest
between sets



12 arnold press
x 4 sets in total
20 seconds rest
between sets



12 upright rows
x 4 sets in total
20 seconds rest
between sets



12 bent over raises
x 4 sets in total
20 seconds rest
between sets

BRUTE

DAREBEE WORKOUT @ darebee.com

LEG DAY



10 squats
x 4 sets in total
20 seconds rest
between sets



10 lunges
x 4 sets in total
20 seconds rest
between sets

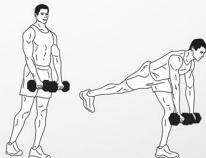


10 side lunges
x 4 sets in total
20 seconds rest
between sets



20 calf raises
x 3 sets in total
20 seconds rest
between sets

10 single leg straight leg dead lifts
x 4 sets in total
20 seconds rest
between sets



BUFF

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



10 bicep curls
x 5 sets in total
60 seconds rest
between sets



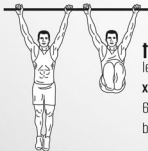
10 renegade row
push-ups
x 5 sets in total
60 seconds rest
between sets



10 shoulder press
x 5 sets in total
60 seconds rest
between sets



to failure
pull-ups
x 5 sets in total
60 seconds rest
between sets



to failure
leg raises
x 5 sets in total
60 seconds rest
between sets

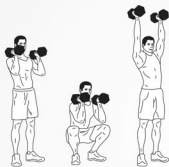


to failure
knee-up & twists
x 5 sets in total
60 seconds rest
between sets

BULK ORDER

DAREBEE
WORKOUT

© darebee.com



10 squat into shoulder press
5 sets in total
60 sec rest in between



10 lunge into bicep curl
5 sets in total
60 sec rest in between



8 lateral raises
5 sets in total
60 sec rest in between



8 chest rows
5 sets in total
60 sec rest in between



8 bent over rows
5 sets in total
60 sec rest in between

BUTCHER

DAREBEE WORKOUT © darebee.com



10 hammer curls
x 3 sets in total
20 seconds rest
between sets



10 chest rows
x 3 sets in total
20 seconds rest
between sets



10 deadlifts
x 3 sets in total
20 seconds rest
between sets



10 shoulder press
x 3 sets in total
20 seconds rest
between sets



10 tricep extensions
x 3 sets in total
20 seconds rest
between sets



10 lateral raises
x 3 sets in total
20 seconds rest
between sets

CATALYST

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



20 alt bicep curls
x 5 sets in total
20 seconds rest
between sets



10 shoulder press
x 5 sets in total
20 seconds rest
between sets



10 squats
x 5 sets in total
20 seconds rest
between sets



10 tricep extensions
x 5 sets in total
20 seconds rest
between sets



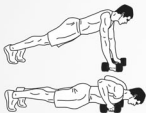
10 side tilts
x 5 sets in total
20 seconds rest
between sets

CHEST & BACK

DAREBEE
WORKOUT

© darebee.com

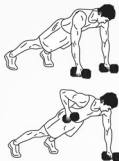
60 seconds rest
between exercises



push-ups

12/10/8/6 reps

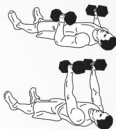
30 seconds rest
between sets



renegade rows

6/5/4/3 reps per arm

30 seconds rest
between sets



chest press

12/10/8/6 reps

30 seconds rest
between sets



reverse angels

12/10/8/6 reps

30 seconds rest
between sets



W-extensions

12/10/8/6 reps

30 seconds rest
between sets



back extensions

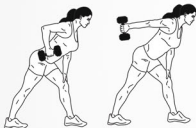
12/10/8/6 reps

30 seconds rest
between sets

COME BACK STRONGER

DAREBEE WORKOUT @ darebee.com

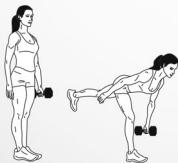
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 tricep extensions



6 overhead tricep extensions



12 single leg deadlifts



6 goblet squats

CULTIVATOR

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bicep curls



4 upright rows



10 bicep curls



4 lateral raises



10 shrugs



4 lateral raises



10 shoulder press

DIGGER

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 cross chops



12 side bends



12 goblet squats



12 kneeling chops



12 kneeling rows

dumbbell

DAREBEE
WORKOUT

© darebee.com

abs

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



12 cross chops



12 side bends



12 kneeling cross chops



12 sitting twists



12 knee crunches

DYNAMIC DUMBBELL

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

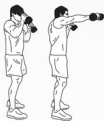
LEVEL II 4 sets

LEVEL III 5 sets

REST 2 minutes



20 alt bicep curls



10 punches



10 overhead punches



20 archers



10 punches



10 overhead punches



20 alt hammer curls



10 punches



10 overhead punches

ENDGAME+

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 lunges



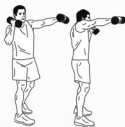
10 overhead punches



10 alt bicep curls



10 lunges



10 punches



10 alt bicep curls



10 flutter kicks



10 leg raises



10-count raised leg hold

ENEMY LINES+

DAREBEE WORKOUT

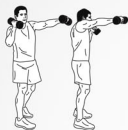
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 punches



20 bicep curls



40 squats



10 push-ups



10 slow climbers



10 push-ups



20-count plank



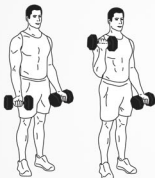
20-count plank



20-count plank

EPIC ARMS

DAREBEE WORKOUT © darebee.com



10 alt bicep curls

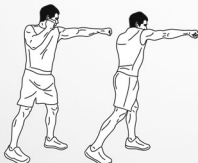
20 punches

10 alt bicep curls

20 punches

10 alt bicep curls

20 punches



10 alt bicep curls

20 punches

10 alt bicep curls

20 punches

done

epic gains

DAREBEE WORKOUT @ darebee.com

60 seconds rest
between exercises



12 bicep curls into shoulder press
5 sets in total
60 sec rest in between



8 bent over lateral raises
5 sets in total
60 sec rest in between



12 calf raises
5 sets in total
60 sec rest in between



12 squats
5 sets in total
60 sec rest in between



12 side lunges
5 sets in total
60 sec rest in between

FARMER

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 shrugs



10 farmer carry steps



10 alt bicep curls



10 shrugs



10 farmer carry steps



10 upright rows



10 shrugs



10 farmer carry steps



10 shoulder press

DAREBEE WORKOUT © darebee.com

FULL BODY BUILT



12 reverse lunges x 5 sets in total
60 seconds rest between sets



12 squat into shoulder press x 5 sets in total
60 seconds rest between sets



12 bicep curls x 5 sets in total
60 seconds rest between sets



12 upright rows x 5 sets in total
60 seconds rest between sets

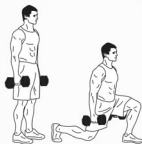
FULLBODY RENDER+

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 lunges



20 alt bicep curls



20 push-ups



20 sit-ups



20 leg raises

THE GAINER

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



10 lunges
x 3 sets in total
20 seconds rest
between sets



10 steps farmer's walk
x 3 sets in total
20 seconds rest
between sets



10 calf raises
x 3 sets in total
20 seconds rest
between sets



10 Arnold's press
x 3 sets in total
20 seconds rest
between sets



10 upright rows
x 3 sets in total
20 seconds rest
between sets



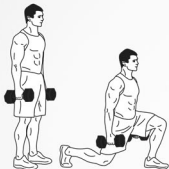
10 deadlifts
x 3 sets in total
20 seconds rest
between sets

GLUTES

WORKOUT BY @darebee.com

2 minutes rest between exercises

SCULPT



forward lunges

12, 10, 8, 6 (both legs)

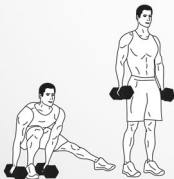
30 seconds rest



single leg deadlifts

12, 10, 8, 6 (both legs)

30 seconds rest



deep side lunges

12, 10, 8, 6 (both legs)

30 seconds rest



goblet squats

10, 8, 6, 4

30 seconds rest

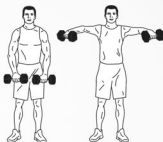
GOLIATH

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



12 biceps curls **x 5 sets** in total
60 seconds rest between sets



6 lateral raises **x 5 sets** in total
60 seconds rest between sets



6 deadlifts **x 5 sets** in total
60 seconds rest between sets



6 upright rows **x 5 sets** in total
60 seconds rest between sets

HAMMER

DAREBEE WORKOUT @ darebee.com

3 sets | 60 seconds rest between sets



10 hammer curls



10 tricep extensions



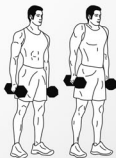
10 cross chops



6 shoulder press



6 upright rows



6 shrugs

HARDGAINER

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



hammer curls
12, 10, 8, 6 reps
20 seconds rest
between sets



upward rows
12, 10, 8, 6 reps
20 seconds rest
between sets



shoulder press
12, 10, 8, 6 reps
20 seconds rest
between sets



tricep extensions
6, 5, 4, 3 reps each
20 seconds rest
between sets



deadlifts
12, 10, 8, 6 reps
20 seconds rest
between sets



bent over rows
12, 10, 8, 6 reps
20 seconds rest
between sets

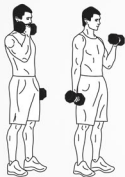
HD ARMS

DAREBEE WORKOUT © darebee.com

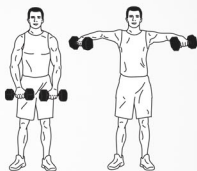
Use light 4kg (9lb) dumbbells and go to failure each time

Repeat the workout 4-5 times during the day, whenever you can

Increase the reps the moment you feel you can do more.



alternating dumbbell curls



lateral raises



shoulder press



tricep extensions

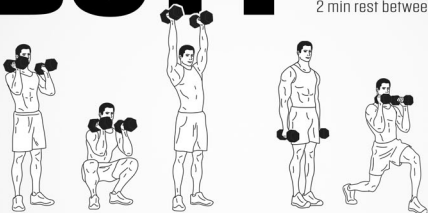
HEAVY DUTY

WORKOUT BY DAREBEE

@ darebee.com

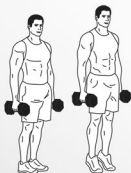
5 sets in total

2 min rest between sets



20 combos squat + shoulder press

20 combos lunge + hammer curl



20 calf raises



20 renegade row push-ups

HEPHAESTUS

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



12 hammer curls
x 5 sets in total
20 seconds rest
between sets



12 shoulder press
x 5 sets in total
20 seconds rest
between sets



12 rows
x 5 sets in total
20 seconds rest
between sets



12 tricep extensions
x 5 sets in total
20 seconds rest
between sets

HOME TUNE

UPPERBODY

DAREBEE WORKOUT

@ darebee.com

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest



20 alternating bicep curls



10 upright rows



10 alternating shoulder press



10 side bends



10 core twists



20 tricep extensions

HUNTER+

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



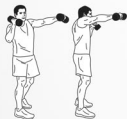
10 lunges



20 archer lunges



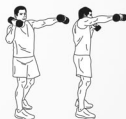
20 squats



20 punches



10 push-ups



20 punches



10 climbers



20-count plank



20-count elbow plank

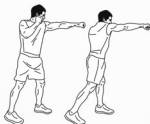
THE HYBRID

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 push-up renegade rows



20 punches



20 overhead punches



10 bicep curls



20 hooks



20 uppercuts

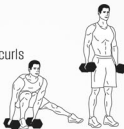
IRON DRAGON

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



12 lunge hammer curls
x 4 sets in total
20 seconds rest
between sets



12 side lunges
x 4 sets in total
20 seconds rest
between sets



8 calf raises
x 4 sets in total
20 seconds rest
between sets



6 shrugs
x 4 sets in total
20 seconds rest
between sets



8 chest rows
x 4 sets in total
20 seconds rest
between sets



6 lateral raises
x 4 sets in total
20 seconds rest
between sets

IRONHEART

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 side lunges



12 alternating bent over rows



6 shoulder press



6 shrugs



12 side bends

IRON WILL

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 lunges



10 calf raises



10 alt bicep curls



10 renegade rows



10 chest press

JACKED

DAREBEE WORKOUT @ darebee.com

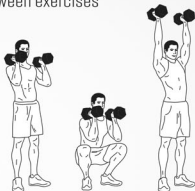
2 minutes rest between exercises



lunge + bicep curls

12, 10, 8, 6 reps

20 seconds rest between sets



squat + shoulder press

12, 10, 8, 6 reps

20 seconds rest between sets



bent over rows

12, 10, 8, 6 reps

20 seconds rest between sets



upright rows

12, 10, 8, 6 reps

20 seconds rest between sets

WELCOME TO THE JUNGLE

DAREBEE WORKOUT @ darebee.com

30 seconds rest between sets



SET 1

20 bicep curls
2 push-ups
20 high knees

SET 2

18 bicep curls
3 push-ups
18 high knees



SET 3

16 bicep curls
4 push-ups
16 high knees

SET 4

14 bicep curls
5 push-ups
14 high knees



SET 5

12 bicep curls
6 push-ups
12 high knees

SET 6

10 bicep curls
7 push-ups
10 high knees

SET 7

8 bicep curls
8 push-ups
8 high knees

lift & tone

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



20 alt bicep curls
x 4 sets in total
20 seconds rest
between sets



20 punches
x 4 sets in total
20 seconds rest
between sets



20 side bridges
x 4 sets in total
20 seconds rest
between sets



20 side leg raises
x 4 sets in total
20 seconds rest
between sets



20 bridges
x 4 sets in total
20 seconds rest
between sets



20 glute flex
x 4 sets in total
20 seconds rest
between sets

LIKE A BOSS

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



16 bicep curls



8 shrugs



8 deadlifts



16 renegade rows



to fatigue push-ups



8-count plank hold

THE MAMMOTH

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



16 reverse lunges
x 5 sets in total
30 seconds rest
between sets



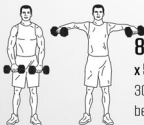
16 calf raises
x 5 sets in total
30 seconds rest
between sets



12 bicep curls
x 5 sets in total
30 seconds rest
between sets



12 shoulder press
x 5 sets in total
30 seconds rest
between sets



8 lateral raises
x 5 sets in total
30 seconds rest
between sets



8 upright rows
x 5 sets in total
30 seconds rest
between sets

MASON+

DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



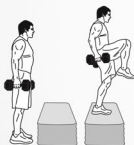
10 bicep curl steps



5 push-ups



10-count push-up hold



10 dumbbell step-ups



5 leg raises



10-count raised leg hold



10 dumbbell step-up reverse lunges



5 tricep dips



10-count tricep dip hold

MAVE

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



4 push-ups



20 punches



4 push-ups



20 alt bicep curls



4 push-ups



20 alt bicep curls



4 push-ups

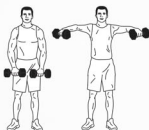
META BURN

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 20 seconds



6 bicep curls



6 lateral raises



6 shoulder press



6 upright rows



6 tricep extensions

MOVING MOUNTAINS

DAREBEE WORKOUT @ darebee.com

5 sets 2 minutes rest between sets



10 lunge hammer curls



10 squat shoulder press



10 calf raises



10 deep side lunges

MUSCLE FACTORY

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises

LOWERBODY



8 side lunges
x 5 sets in total
30 seconds rest
between sets



8 lunges
x 5 sets in total
30 seconds rest
between sets



8 calf raises
x 5 sets in total
30 seconds rest
between sets



8 goblet squats
x 5 sets in total
30 seconds rest
between sets



8 single leg deadlifts
x 5 sets in total
30 seconds rest
between sets



2 minutes
wall-sit

MUSCLE FACTORY

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises

UPPERBODY



10 bicep curls
x 5 sets in total
30 seconds rest
between sets



10 deadlifts
x 5 sets in total
30 seconds rest
between sets



20 push-ups
x 5 sets in total
30 seconds rest
between sets



10 renegade rows
x 5 sets in total
30 seconds rest
between sets



10 up and down planks **x 5 sets** in total | 30 seconds rest between sets

OX

DAREBEE WORKOUT

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



20 alt bicep curls



10 upright rows



10 shoulder press



20 side bends



20 tricep extensions

pixie

DAREBEE WORKOUT @ darebee.com

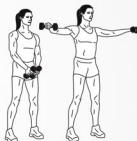
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 knee to elbows



10 punches



10 lateral raises



10 bicep curls



10 chest rows

Power 10

DAREBEE WORKOUT © darebee.com

3 sets | 60 seconds rest between sets



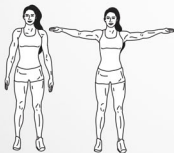
20 tricep dips



20 bicep curls



20 punches



20 arm raises



20 raised arm circles



20sec raised arm hold

TIPS

Don't have dumbbells? Use water bottles or cans of beans instead.
Keep your arms up between raised arm circles and raised arm hold.

Power 18

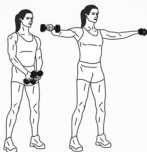
DAREBEE WORKOUT © darebee.com

Use comfortable weights for this routine.

Pick up heavier weights the moment it gets easier.



10 alt bicep curls
3 sets | 20 sec rest



5 lateral raises
3 sets | 20 sec rest



10-count hold
once



5 shoulder presses
3 sets | 20 sec rest



10 tricep extensions
3 sets | 20 sec rest



10 upright rows
3 sets | 20 sec rest

Power 20

DAREBEE WORKOUT © darebee.com

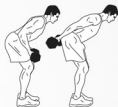
Use weights you can just do this routine with.
Pick up heavier weights the moment it gets easier.



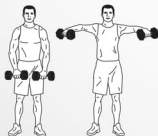
10 alt hammer curls
3 sets | 20 sec rest



10 alt bicep curls
3 sets | 20 sec rest



10 kickbacks
3 sets | 20 sec rest



5 lateral raises
3 sets | 20 sec rest



10 dumbbell shrugs
3 sets | 20 sec rest



10 upright rows
3 sets | 20 sec rest

Power 25

DAREBEE WORKOUT @ darebee.com

Use weights you can just do this routine with.

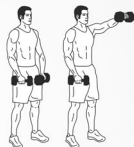
Pick up heavier weights the moment it gets easier.



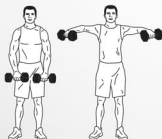
12 alt bicep curls
3 sets | 20 sec rest



6 tricep extensions
3 sets | 20 sec rest



12 front arm raises
3 sets | 20 sec rest



6 side arm raises
3 sets | 20 sec rest



6 upright rows
3 sets | 20 sec rest



6 shoulder press
3 sets | 20 sec rest

POWER CIRCUIT+

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats



10 renegade row push-ups



10 jumping lunges



10 alt bicep curls



30sec elbow plank

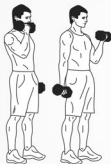


30sec side elbow plank

POWER

DAREBEE **HIIT** WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20sec alt bicep curls



20sec squats



20sec renegade row push-ups

POWER PUMP

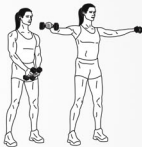
DAREBEE WORKOUT © darebee.com



12 bicep curls x 5 sets
60sec rest between sets



8 upright rows x 5 sets
60sec rest between sets



8 lateral raises x 5 sets
60sec rest between sets



8 shoulder press x 5 sets
60sec rest between sets



8 bent over raises x 5 sets
60sec rest between sets

POWER ROW

DAREBEE
WORKOUT

© darebee.com



renegade rows

12, 10, 10, 8 (in total)

4 sets

20 seconds rest
between sets



bent over rows

10, 10, 8, 6

4 sets

20 seconds rest
between sets



goblet squats

12, 10, 10, 8

4 sets

20 seconds rest
between sets



upright rows

10, 10, 8, 6

4 sets

20 seconds rest
between sets



deadlifts

8, 8, 6, 4

4 sets

20 seconds rest
between sets



calf raises

12, 10, 10, 8

4 sets

20 seconds rest
between sets



PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 **darebee.com**



4 sets
squats
10-12 reps



4 sets
reverse lunges
10-12 reps



4 sets
calf raises
12-16 reps



4 sets goblet squats
10-12 reps



4 sets single leg deadlifts
5-6 reps / per side



PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 **darebee.com**



4 sets
lunge step-ups
10-12 reps



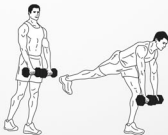
4 sets
side lunges
10-12 reps



4 sets
calf raises
12-16 reps



4 sets deadlifts
8-10 reps



4 sets single leg deadlifts
5-6 reps / per side



PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 **darebee.com**



4 sets
bicep curls
8-12 reps



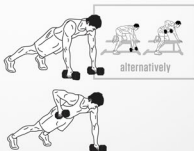
4 sets
bent over rows
8-10 reps



4 sets
upright rows
8-10 reps



4 sets shrugs
8-10 reps



4 sets renegade rows
6-8 reps / per arm



PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 **darebee.com**



4 sets
bicep curls
8-12 reps



4 sets
shrugs
8-10 reps



4 sets
hammer curls
10-12 reps



4 sets
bent over rows
8-10 reps



4 sets
upright rows
8-10 reps



PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 **darebee.com**



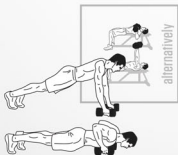
4 sets
shoulder press
6-10 reps



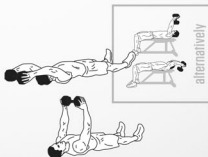
4 sets
overhead tricep extensions
5-7 reps / per arm



4 sets
tricep extensions
5-7 reps / per arm



4 sets push-ups
10-14 reps



4 sets pullovers
6-10 reps

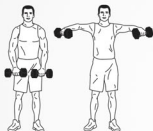


PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 **darebee.com**



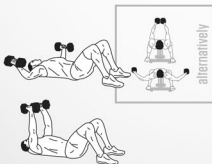
4 sets
lateral raises
6-10 reps



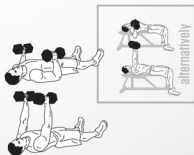
4 sets
bent over lateral raises
6-10 reps



4 sets
tricep kickbacks
6-10 reps



4 sets chest fly
8-10 reps



4 sets chest press
8-10 reps

PURE POWER

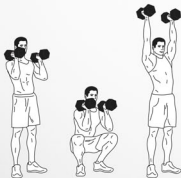
DAREBEE WORKOUT © darebee.com



to fatigue bicep curls
3 sets | 20 seconds rest



to fatigue upright rows
3 sets | 20 seconds rest



to fatigue squat into shoulder press
3 sets | 20 seconds rest



to fatigue renegade rows
3 sets | 20 seconds rest

THE RECOMP

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 push-ups



20 lunges



10 bicep curls



10 calf raises



10 bent over rows

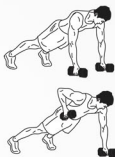
THE RENEGADE

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



20 push-ups x **4 sets** in total
20 seconds rest between sets



10 renegade rows x **4 sets** in total
20 seconds rest between sets



20 alt bicep curls x **4 sets** in total
20 seconds rest between sets



10 deadlifts x **4 sets** in total
20 seconds rest between sets

RISE^{AND}GRIND

DAREBEE WORKOUT © darebee.com



30 jumping jacks
4 sets in total
30 sec rest in between



to fatigue push-ups
4 sets in total
30 sec rest in between



to fatigue squat hold
2 sets in total
30 sec rest in between



12 bicep curls
4 sets in total
30 sec rest in between



8 bent over rows
4 sets in total
30 sec rest in between

SENTINEL+

DAREBEE WORKOUT @ darebee.com

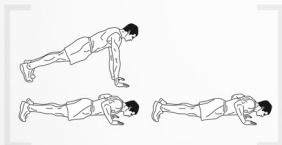
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



4combos: 10 squats + 10-count hold



20 lunges



4combos: 5 push-ups + 5-count hold



20 bicep curls



4combos: 10 knee-in & twist + 10-count hold



20 sitting twists

SERIOUS LIFTS

DAREBEE WORKOUT @ darebee.com



to fatigue alternating bicep curls
x 5 sets in total | 20 seconds rest



to fatigue alternating shoulder press
x 5 sets in total | 20 seconds rest



to fatigue upright rows
x 5 sets in total | 20 seconds rest



to fatigue bent over rows
x 5 sets in total | 20 seconds rest

SHREDDER+

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



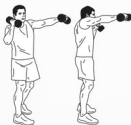
10 push-ups



20 squats



10 push-ups



20 punches



10 push-ups



20 lunges



10 push-ups



20 lunges

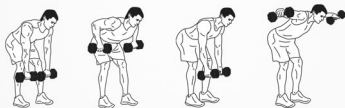
THE SMITER

DAREBEE WORKOUT © darebee.com

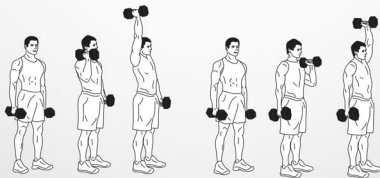
2 minutes rest between combos and sets



10combos upright row + bicep curl → shoulder press x 3 sets



10combos bent over row + bent over lateral raise x 3 sets



10combos hammer curl, right + shoulder press + hammer curl, left + shoulder press x 3 sets

STEELWORKS+

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 double turning kicks



20 alt bicep curls



10 push-ups



20 side kicks



20 alt bicep curls



10 push-ups



20 back leg turning kicks



20 alt bicep curls



10 push-ups

STRENGTH & POWER

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



20 alternating
bicep curls
x 3 sets in total
20 seconds rest
between sets



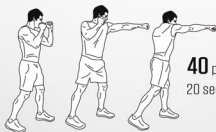
20 alternating
shoulder press
x 3 sets in total
20 seconds rest
between sets



20 bent over rows **x 3 sets** in total
20 seconds rest between sets



20 push-ups **x 3 sets** in total
20 seconds rest between sets



40 punches **x 3 sets** in total
20 seconds rest between sets

STRONG & BEAUTIFUL

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 alt bicep curls



20 punches



10 bent over rows



10 alt shoulder press



10-count hold

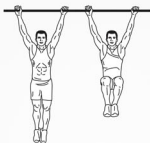
STUNTMAN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



max pull-ups



max knee-ins



max leg raises



12 side lunges



12 calf raises



12 lunges



12 up & down planks

superhero strength

DAREBEE
WORKOUT

© darebee.com

PLUS



20 goblet squats
5 sets in total
30 seconds rest



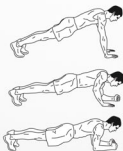
20 side lunges
5 sets in total
30 seconds rest



20 renegade row push-ups
5 sets in total
30 seconds rest



20 bicep curls
5 sets in total
30 seconds rest



20 up & down planks
5 sets in total
30 seconds rest



20 elbow plank
side crunches
5 sets in total
30 seconds rest

SUPER STRENGTH

DAREBEE WORKOUT @ darebee.com

20 seconds rest between sets | 20 seconds rest between exercises



10 goblet squats
x 3 sets



10 side bends
x 3 sets



10 calf raises
x 3 sets



10 forward lunges
x 3 sets



10 bent over rows
x 3 sets



10 deadlifts
x 3 sets



10 bicep curls
x 3 sets



10 push-ups
x 3 sets



10 renegade rows
x 3 sets

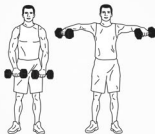
THRESHOLD

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



12 alt bicep curls



12 lateral raises



12 deadlifts



12 push-up renegade rows

TRIM & TONE

ARMS

WORKOUT

by DAREBEE

@ darebee.com

2 minutes rest
between exercises



12 reps

5 sets

alternating bicep curls
20 seconds rest
between sets



12 reps

5 sets

tricep extensions
20 seconds rest
between sets



6 reps

5 sets

shoulder press
20 seconds rest
between sets



6 reps

5 sets

body rows
20 seconds rest
between sets

TYR

DAREBEE WORKOUT @ darebee.com



12 goblet squats
5 sets in total
30 sec rest in between



12 single leg deadlifts
5 sets in total
30 sec rest in between



12 calf raises
5 sets in total
30 sec rest in between



12 lunges
5 sets in total
30 sec rest in between



12 side lunges
5 sets in total
30 sec rest in between

UNDER CONSTRUCTION

DAREBEE WORKOUT @ darebee.com



20 bicep curls
4 sets in total
30 sec rest in between



10 squat into press
4 sets in total
30 sec rest in between



10 tricep extensions
4 sets in total
30 sec rest in between



to fatigue push-up renegade rows
4 sets in total
30 sec rest in between



30 seconds plank hold
2 sets in total
30 sec rest in between

DAREBEE WORKOUT @ darebee.com

UPPERBODY BLAST

8 bicep curl
x 3 sets in total
20 seconds rest
between sets



8 shoulder press
x 3 sets in total
20 seconds rest
between sets



8 side-to-side tilts
x 3 sets in total
20 seconds rest
between sets



8 deadlifts
x 3 sets in total
20 seconds rest
between sets



8 bent over rows
x 3 sets in total
20 seconds rest
between sets



UPPERBODY BUILDER

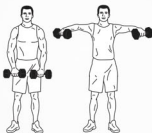
MUSCLE BUILDING WORKOUT BY DAREBEE @ darebee.com

Repeat one exercise after the other with no rest in between.

3 sets - 2 minutes rest between sets



10 bicep curls



5 lateral raises



5 chest rows



5 shoulder press



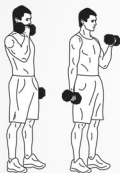
5 shrugs



5 bent over rows

UPPERBODY FORGE

DAREBEE WORKOUT © darebee.com



10 bicep curls
x 4 sets in total

20 seconds rest
between sets



10 upright rows
x 4 sets in total

20 seconds rest
between sets



10 shoulder press
x 4 sets in total

20 seconds rest
between sets



10 bent over rows
x 4 sets in total

20 seconds rest
between sets

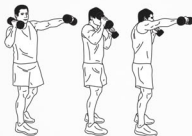


UPPERBODY TENDON STRENGTH+

DAREBEE WORKOUT © darebee.com



30sec dumbbell hold
right arm



10sec punches
slow motion



30sec dumbbell hold
left arm



30sec bicep curls
slow motion



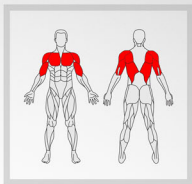
10sec hold



30sec bicep curls
slow motion

UPPER BODY

SCULPT



WORKOUT BY @ darebee.com



bicep curls

12, 10, 8, 6

20 seconds rest



shoulder press

12, 10, 8, 6

20 seconds rest



tricep extensions

9, 7, 5, 3

20 seconds rest



bent over rows

10, 8, 6, 4

20 seconds rest



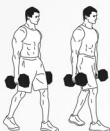
bent over raises

10, 8, 6, 4

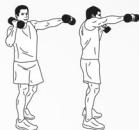
20 seconds rest

VALOUR

DAREBEE WORKOUT @ darebee.com



60 seconds farmer's walk
3 sets in total
60 sec rest in between



60 seconds punches
3 sets in total
60 sec rest in between



30 seconds
overhead punches
3 sets in total
60 sec rest in between



30 seconds
renegade rows
3 sets in total
60 sec rest in between



30 seconds
sitting twists
3 sets in total
60 sec rest in between

Vtaper

DAREBEE WORKOUT © darebee.com
2 minutes rest between exercises



to failure pull-ups
5 sets in total | 20 seconds rest



8 bent over raises **x 5 sets** in total
20 seconds rest between sets



8 kneeling rows **x 5 sets** in total
20 seconds rest between sets



8 shrugs **x 5 sets** in total
20 seconds rest between sets

WORK OF ART

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



12 lunges



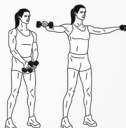
8 side lunges



12 bicep curls



8 upright rows



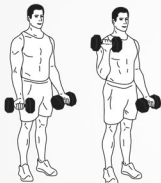
8 lateral raises



12 calf raises

XXL BICEPS

DAREBEE WORKOUT © darebee.com



to failure alternating bicep curls

2 minutes rest

to failure alternating bicep curls

2 minutes rest

to failure alternating bicep curls

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

2 minutes rest

to failure bent over rows, right side

to failure bent over rows, left side

done



SAMPLE **CIRCUIT** WORKOUT

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



20 high knees



40 side-to-side chops



one squat



20 lunges



10-count plank hold



20 climbers



10 plank jump-ins



to failure push-ups

Difficulty Levels:

Level I: normal

Level II: hard

Level III: advanced

Repeat the circuit (all exercises)
3, 5 or 7 times in total depending on
the level you choose

1 set

10 jumping jacks

20 high knees (10 each leg)

40 side-to-side chops (20 each side)

one squat = 1 squat

20 lunges (10 each leg)

10-count plank (hold while counting to 10)

20 climbers (10 each leg)

10 plank jump-ins

to failure push-ups (your maximum)

Up to 2 minutes rest between sets

30 seconds, 60 seconds or 2 minutes -
it's up to you.

SAMPLE **CLASSIC** WORKOUT

2 minutes rest between exercises



20 push-ups x 4 sets in total
20 seconds rest between sets



10 renegade rows x 4 sets in total
20 seconds rest between sets



20 air bicep curls x 4 sets in total
20 seconds rest between sets



10 deadlifts x 4 sets in total
20 seconds rest between sets

Complete all sets for each exercise first,
then move on to the next exercise:

E.g., Do 20 push-ups, rest 20 seconds
then repeat - 4 times in total.
Move on to renegade rows and so on.

All reps are given in total:

E.g., 10 renegade rows = 5 reps per side.

2 minutes rest between exercises

30 seconds, 60 seconds or 2 minutes -
it's up to you.